Mountain Weather Forecast

Lake District National Park

Forecast valid from 06:00 on Thursday 14 Mar 2024 until 23:59 on Friday 15 Mar 2024

Forecast Issued on Thursday 14 Mar 2024 at 02:05

Confidence: High for the general weather story over the next few day but some uncertainty in day-to-day rain details so please keep up to date with the forecast.

Headline for Thursday 14 Mar 2024: Outbreaks of rain, heavy at times with strong winds.

Mountain weather hazards on Thursday 14 Mar 2024

Blizzards
No Likelihood

Heavy persistent snow
No Likelihood

Storm force winds
No Likelihood

Gales
Medium Likelihood

Severe chill effect
Low Likelihood

Poor visibility
High Likelihood

Thunderstorms
No Likelihood

Heavy persistent rain
High Likelihood

Strong sunlight
No Likelihood

Weather and chance of precipitation at 800m					
Time					
06:00	09:00	12:00	15:00	18:00	21:00
Heavy Rain	Heavy Rain	Heavy Rain	Heavy Rain	Heavy Rain	Heavy Rain
Precipitation probability					
90%	90%	70%	90%	90%	60%

Forecast for Thursday 14 Mar 2024

Weather: Outbreaks of rain during most of today with some heavy bursts and strong winds giving drenching conditions in the fells. Rain may become briefly lighter for a time around early afternoon and becoming gradually lighter during the evening.

Chance of cloud-free hill tops above 800m: 10% or less.

Low cloud and visibility: Extensive cloud and fog above 400m giving difficult navigation conditions but cloud may lift onto higher slopes at times in the northeast. Below the cloud, generally hazy conditions, dropping a couple of kilometres at times in rain.

Check our weather forecast every day to get the most accurate and up to date information
https://www.metoffice.gov.uk/weather/specialist-forecasts/mountain
© Crown Copyright 2024. All Rights Reserved.

Mountain Weather Forecast

Forecast for Thursday 14 Mar 2024

Height (m)	Wind Speed mean/gusts (mph) Wind Direction (blowing from)						
	06:00	09:00	12:00	15:00	18:00	21:00	00:00
900	44/51 SW	45/53 S	45/54 S	42/51 S	40/49 SW	40/50 S	37/46 SW
600	30/38 SW	33/42 S	32/42 S	32/43 S	34/46 SW	32/43 SW	29/40 SW
300	8/28 SW	10/34 S	12/33 S	12/33 S	15/36 S	13/33 S	12/30 SW
Valley	7/25 SW	9/31 S	13/33 S	13/32 S	15/33 S	14/33 S	13/30 SW

Height (m)	Temperature / Feels Like (°C)						
	06:00	09:00	12:00	15:00	18:00	21:00	00:00
900	5/-2	5/-3	4/-3	6/-1	5/-2	5/-2	4/-3
600	7/1	6/0	6/0	7/2	6/1	6/0	6/0
300	7/5	8/5	8/5	8/5	8/4	8/4	7/4
Valley	8/7	9/7	10/7	10/7	10/6	9/6	9/6
Freezing Level*	1900m	2000m	2000m	2000m	1700m	1800m	1700m

**Level above which ground is expected to be frozen/snow is expected to settle.*

Meteorologist's View

Another wet day across the Lake District with high rivers and streams.

Forecast for Friday 15 Mar 2024

Weather: Cloudy with further outbreaks of heavy rain overnight and during the morning. The rain will fizzle out during the afternoon with some brightness possible at the end of the day. A dry evening with clearing skies.

Maximum wind: Southwest 20mph gusts 30mph becoming West or NW 10 to 15mph.

Chance of cloud-free hill tops above 800m: 10% overnight and in the morning becoming 70% during the afternoon.

Low cloud and visibility: Extensive cloud and fog above 500m overnight and in the morning but gradually lifting and eventually clearing the tops by evening. Away from low cloud, poor visibility in rain but becoming manly good during the afternoon.

Temperature: **Valleys:** Plus 9 or 10C, falling to 3C in evening.
At 800m: Plus 5C falling to 2C in afternoon.
Freezing level: Above summits falling to 900m in afternoon.

Saturday	Frosty start with patchy fog then a dry and bright morning with light winds. Wet and windy conditions arrive from the west during the afternoon.
Sunday	Heavy rain overnight and to start the morning then sunshine and showers. Strong southwest winds easing.
Monday	A lot of uncertainty by this stage but a dry and bright weather window looks likely then a chance of rain spreading in from the west again.

Check our weather forecast every day to get the most accurate and up to date information
https://www.metoffice.gov.uk/weather/specialist-forecasts/mountain
© Crown Copyright 2024. All Rights Reserved.

Mountain Weather Forecast

Ground Conditions Supplement
Date: Wednesday 13 March 2024 Location: Helvellyn summit at 12:20 Full report: There's been a turbo thaw over the past 24 hours; it was plus 5 degrees C and raining heavily on the summit around midday. Indeed it was one of those days when the rain was almost constant from leaving the car to returning to it again! The vast majority of the Lakeland fells and paths are now free from snow and ice. The little that now remains can be found above 800m in isolated sheltered spots and hollows with the largest patches now above 900m at the top of steep north and east facing aspects. Where undisturbed, the snow was soft, very wet and thawing. Even where it had been compacted into hard snow on some popular routes, the snow was, with a few exceptions, wet, thawing and avoidable. Striding Edge can now be climbed without setting foot on snow, if exiting to the south of the normal route. Conversely, Swirral Edge retains more snow near and at its top. This was where the hardest snow encountered today was located although most patches, again, were soft and wet. Although not used today, microspikes and an ice axe remain a sensible addition to the rucksack for anyone attempting this route. This is because it would only take a small drop in temperature for the remaining snow to freeze. The main hazards today were the poor visibility in the low cloud and driving rain, the strength of the wind and the damp, slippery nature of the ground underfoot especially when traversing wet rocks. Most of the, very few, people out today were, rather understandably and sensibly, turning back and leaving the summit for a far more pleasant day. Despite the above average temperature today, the summit windchill (what the temperature actually feels like) remains below freezing (minus 2 degrees C around midday). Thus full winter clothing (waterproofs, extra warm layers, hat & gloves), mountain boots and equipment, including a torch, are all essential to safely, and enjoyably, roam the fells. As mentioned, visibility was poor today so a map and compass together with the ability to use them and navigate competently when landmarks can't be seen is also essential. Temperature: plus 5.4 C, Maximum wind speed 32.0 mph, Wind chill: minus 1.7 C, Average wind speed: 25.8 mph.

Issued at: 02:05 on Thu 14 Mar 2024

Check our weather forecast every day to get the most accurate and up to date information
https://www.metoffice.gov.uk/weather/specialist-forecasts/mountain
© Crown Copyright 2024. All Rights Reserved.